

Sunshine for the Children Urged by Queen Helene

MY CHILDREN grow up in two kingdoms, that of flowers and of animals. Therein they learn to love beauty and to be kind hearted. Almost from the day they were born my children have lived in the open. Not for hours merely, not by way of outings by carriage or on foot at stated times. No, they are in the open from morn till night when the weather is at all favorable, and if it rains they play in open halls in the garden or park. Bodily they are protected against the wet or cold, but they are never allowed to breathe stuffy air. Every breath they draw is fresh, untainted.

Even people in moderate circumstances, owning some ground of their own, or merely a back yard, can give their children the benefit of fresh air all the year round. If I was a woman in moderate circumstances, forced to live in close quarters, I would find ways and means for giving my little ones the needed sunshine and fresh air. Do not tell me that the arrangements of tenements, or similar living quarters, forbid. They may on the surface—but co-operation can surely overcome the difficulty somehow.

Let several mothers combine hiring a back yard, or an unused building lot for all their children to play in. Every great city has a great many philanthropists that will help along such schemes, every small town has a few.

In winter only a roof is needed, on stout beams, for the children to play under either with sand or snow. If your means permit, construct a little sun parlor in one corner. This may be used as a sort of day hospital, if a stove is added.

My two little girls and my small boy never know what it is to be restrained in the enjoyment of nature. They run barefoot at the seashore; the ocean, with proper restrictions of course, is their lake. You should see them roll in the hay at our farm, or watch them in the green, or in the snow, at the Quirinal gardens.

I see to it that my children are happy as larks from morn till night; they are as healthy as any children in the wide, wide world.

I often watch them from the windows, or looking up from my embroidery. There they are, their little hands on their naked knees, looking at a flower newly blossoming, or watching a nestful of tiny birds with open beaks crying for food.

One day a small cousin came to visit them in the country; he was a wilful boy, boasting of his prowess and strength. He asked my husband for the gift of a riding whip and after luncheon ran ahead of my children into a blooming meadow and began lashing the daisies and buttercups and the high grass right and left.

My children were at first bemused with astonishment and terror. Then they came running to me to stop Carlos and asked their papa to take the whip away from him.

One day last winter I was sitting in my study reading when little Umberto came running in. He played about for a while, then pointed to a blossom that had fallen from a wall bouquet upon the divan.

"Little mother," he said, "do let me rub upon the divan. See, the mamma flower has lost her child. There it is upon the cushion; I want to restore it to its mamma."

This little fellow finished his charitable mission.

Then he said: That baby flower need no longer cry. It is happy now with its mamma."

Number Three Is Hardest To Solve, Say Puzzlers

The first letter I opened this morning was from Miss Louise Steinberg, the winner of the first prize last week.

She writes: "It certainly has encouraged me to try again for the first prize, and I am sending in this week's list, hoping to be successful."

Miss Steinberg has solved every contest, I think, and has been among the winners several times. She is but a school girl, and should be complimented upon her cleverness.

In looking over the lists before me, I notice that No. 3 causes most difference

of opinion among the puzzlers. On Sunday I mentioned that the poet referred to there wrote a poem that is one of the first that the school boy and girl "learn by heart" after they begin to study history.

If the puzzlers keep this in mind, they will not be tempted to send in another name that seems to be suggested to them.

Now, puzzlers, do get to work and send your lists in early. If you cannot get them all, send in as many as you can, because there is always a chance that you may have them correct and some one else may not have so many correct, even if they send in a complete list.

Queries of Times

Readers Answered

Sister's Marriage License.

Anxious Sister—Write to the marriage license clerk in San Francisco to ascertain whether a license was issued to your sister and supposed brother-in-law.

Dark Eyelashes.

Merylo—Here is a lotion that will darken the lashes, and is harmless: Gum arabic, four drams; India ink, four drams; rose water, one pint. Mix the ingredients gradually until a uniform black liquid results, absolutely free from granules, and apply with a fine brush an exceedingly small quantity, taking care that none enters the eyes.

Coldest Days.

J. W. Jones—According to the records of the United States Weather Bureau, the five coldest days on record in Washington since December, 1894, were on January 31, 1906, 2 degrees; February 5 and 14, 1906, 4 degrees; February 7, 1906, 2 degrees; and February 9, 1906, 6 degrees.

Wedding Announcements.

Inez—The correct form for a wedding announcement for a young woman who has neither parents or relatives is as follows: Miss Mary Jane Smith

and John Jones were married on November 3, 1909, in the Church, at Washington, D. C.

Dr. Stribbling's Work.

J. M. P.—The only work of the Rev. Dr. Stribbling that can be found in local libraries or works of reference at hand is in a tract published by the American Baptist Publishing Society, written by him and entitled "Reciprocal Duties of Pastors and Churches."

Persephing Hands.

J. V. G.—The formula you sent in for a remedy for persephing hands may be very good, but we cannot recommend it. The following formula is said to be good for that purpose also.

One-quarter ounce of powdered alum and one teaspoonful of spirits of ammonia in a pint of boiling water. When cool bottle it and use on the hands freely.

Easy to Ruin Feathers.

Inquirer—Unless you have had wide experience in coloring feathers you find your feathers ruined. Take the plumes to a professional, it will repay you in the end.

DON'T FROWN.

A woman frowns when she is puzzled or when she is turning over some question in her mind, or when she faces the light or is intently listening. The frown does not help, and may be abandoned. It makes more wrinkles not only gives seeming age, but mars the prettiest of features or the most charming expression. If you frown because of your eyes, go to an oculist. If you frown from habit, change your habit.

TO BREATHE DEEPLY.

To breathe deeply is to stimulate the heart and the circulation. It means a full, high chest and broad shoulders. It means practical immunity from the dangers incurred by exposure. It means a good carriage and a well-poised head. And, best of all, it means perfect physical health.

Length of Skirts

They are sensible. Some are very short. Walking lengths vary much. Matrons have theirs nearly touching.

The other walking extreme is four inches off the ground. Five inches off the ground is really too short for mature women.

However, a sensible walking dress should not touch at any ordinary walking movement.

Many very elegant day dresses for carriage and fine wear just touch all the way around.

Some of the best French dressmakers are making dancing dresses just to touch all the way around.

FERNS MOST EASY TO KEEP IN HOUSE

Ferns are looked upon as the most ornamental house plant.

They are not difficult to keep in rooms of medium temperature. Of course, no plant should be permitted to remain in the soil in which it grew all summer. In fact, the best plants are those that are cut off in the spring and placed in the yard, for at this season the ten and twelve inch fronds will be strong and healthy. But if this was not done, get rich soil, just as rich as possible, and pack it rather loosely around the roots. Provide good drainage and water the leaves quite often.

Keep the earth moist, but not wet, all the time. Ferns like a sunny window. The touch of the human hand will slightly firm tips, but they can grow together without resultant destruction of the fronds. So handle ferns as little as possible. The table fern should be low and bushy, on the order of an asparagus, frequently sunned in the window and not always kept in a jar or silver dish. Cut fronds transplant when the roots are crowded and give plant food.

SALTED ALMONDS ARE EASILY MADE

Pour boiling water over a pound of the Jordan almonds that have been taken from their shells. Cover the bowl with a plate and let stand ten minutes to blanch. Then rub off the brown skins between the thumb and fingers, lay the nuts on a towel until all have been finished, then pat dry.

Set the bowl containing them in the warming oven for half an hour or so, to complete the drying; then pour over them two tablespoons olive oil. Let them stand half an hour, stirring lightly occasionally so that all will receive their portion of the oil. Now spread in a bright agate dripping pan on a paper lined pan and set in the oven, first dredging with a tablespoonful salt.

Every few moments stir the nuts, to be sure they are not taking color too rapidly, and stir lightly with a fork. It will take about twenty minutes in a moderate oven, but they must be watched closely, to brown evenly and not blacken. You will find these far better than any you can buy, while they cost only about one-quarter as much.

STEWED PUMPKIN MAKES BEST PIE

Fresh home stewed pumpkins makes the best pies. This cannot be had the year round. But pumpkin may be so treated as to defy an epicure to distinguish between the preserved and the fresh product.

Stew the pumpkin "dry," that is, reduce the pulp greatly. Shift. Then to every three-fourths of a cupful of pumpkin add three-fourths of a cupful of white granulated sugar, one scant teaspoonful of ginger, one-eighth teaspoonful of cinnamon, one-eighth teaspoonful of nutmeg, and a pinch of salt. Blend thoroughly. Heat to the boiling point. Be careful not to burn the mixture. Seal in air tight pint jars. This will keep indefinitely.

The preserving may be done in the fall, when pumpkins are fresh, or a little at a time at each stewing, or in the winter, when pumpkins will keep no longer. Whichever plan is followed, the product is most convenient.

For pie dissolve one cupful of preserved pumpkin in one and one-half cups of hot scalded milk, add one-half cupful of cream, and two well beaten eggs; bake in a rich crust one hour and you have the famous old New England pumpkin pie.

CREAMED EGGS RECIPE. Boil six eggs twenty minutes. Make one pint of cream sauce, have six slices of toast, a hot dish. Put a layer of sauce on each one, and then part of the whites of the eggs, cut in thin strips; and rub part of the yolks through a sieve onto the toast. Repeat this and finish with a third layer of sauce. Place in the oven for about three minutes. Garnish with parsley and serve.

SHORT CLOTHES FOR THE LITTLE ONE



Everything about fashions these days seems to be all written for the grown-ups, so I am going to remember the little tots today and give a few hints about a set of short clothes for a child one year old.

The set consists of a dress with a high or Dutch neck and full or three-quarter-length sleeves, a petticoat, drawers, and a house sock. The estimation given above makes the set very in-

expensive and for the girl or woman who is handy with the needle and has the time, would make a most acceptable Christmas present. The dress is shown with the round yoke, which can be finished with the embroidery ruffle or not.

This pattern, which is cut in four sizes, six months, one, two and three years, is McCall pattern No. 8325 (all seams allowed). It can be had at the Palais Royal.

FRANCES CARROLL.

SHELVES IN ATTIC FOR LIGHT CLOTHES

There is a firmly grounded idea that summer clothes must be put away rough dried.

There is so little, if any, injury to the material from careful ironing before packing that the woman who wishes comfort on the first hot day will risk it.

An excellent way to pack the summer clothes is to have shelves built in an attic closet or in a room that is little used. These shelves should be lined with blue paper and the clothes neatly folded upon them, if possible, at full length.

Place that clothes of the same kind are placed together, as all the white linen skirts, lingerie frocks, tailored shirt waists and so on. In this way if one of these articles is wanted in a hurry there will be no mad turning over of one's entire wardrobe, with ruin to careful ironing.

To insure a good color after several months it is well to put blue paper or heavy blue muslin between separate pieces or at least at frequent intervals among them. Cover each shelf with a blue muslin or old crib sheet. Hang sheet inside closet door to keep out dust.

Second summer hats would not be the sorry sight they are if more carefully put away. Dust well, wiping off with a brush and pack in a box with boxes with tight-fitting lids.

TOMATO CATSUP. Take one gallon of skinned tomatoes, four tablespoons of salt, four tablespoons of whole black pepper, half a spoonful of all-spice, eight pods of red pepper, and three spoonfuls of mustard; boil them together for one hour, then strain it through a sieve or coarse cloth, and when cold, bottle for use; have the best velvet corsets.

One ingenious mother who was cramped for space in her home, evolved a novel little clothes tree for her baby's clothes, that may be either stood or hung.

To a six-inch square block of wood, about a half-inch thick, she attached an upright strip a yard and a quarter long. If nothing else can be found the handle of a long broom answers nicely.

To this upright was fastened cross strips, six inches long and four or five inches apart, to the top of the tree was fastened a screw ring that could be hung upon a closet hook, or to one stuck in the lower part of a deep shelf. The framework was given several coats of white paint, and a finishing coat of enamel that it might easily be scrubbed and kept spotless.

The little clothes are hung to the cross pieces by the shoulders, or by running through the sleeves, and may be put on to overlap thickly without mussing.

The popular did this tree prove to other mothers that the originator reproduced them for layette presents, with greater elaboration.

The cross pieces were wrapped with cotton batting and wound with orris root and violet sachet. The bags were made with a draw string that the little pads of perfume within could be easily renewed.

RICE AND CORN CAKE. One cupful rice boiled and hot, one-fourth cupful butter, three eggs, one pint cornmeal, two tablespoons flour, one teaspoonful salt. Stir the butter into the hot rice; when cool add the well beaten eggs, meal, flour, and salt. Mix with milk to make a thin batter, and bake in a hot oven.

Novel Hanger for Clothes Ingenious Mother's Idea

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COST OF OUTFIT

OF DRESS.

2 yards batiste, 40 inches wide, 25c yard\$0.50
1/2 yard all-over embroidery, 22 inches wide25
4 1/2 yards swiss embroidery, 10c yard45
7 1/2 yards embroidery insertion, 100c yard75
1 yard embroidery beading, 8c yard08
1 1/2 yards baby ribbon, 50c yard75
Total 1.63

OF PETTICOAT.

1 1/2 yards nainsook, 36 inches wide, 15c yard\$0.23
2 yards embroidery, for ruffle, 10c yard20
2 yards embroidery for waist, 10c yard20
8 pearl buttons02
Total65

OF DRAWERS.

1/2 yard longcloth, 36 inches wide, 12 1/2c yard\$0.09
1/2 yard cambric embroidery, 9c yard09
Total18

OF SACQUE.

1 yard French flannel, white, pink, or blue, 27 inches wide, 50c yard\$0.50
1 yard narrow satin ribbon, 8c yard08
Total58

Cost of outfit 3.03

PLAN TO DISPOSE OF GARBAGE PILE

A young woman who lives in a country home where there is surface drainage and a close flowing steam has hit upon an easy and convenient plan to dispose of garbage.

A few feet away from her kitchen door she made a circle of stones, and on it set a portion of sheet iron pipe from a discarded furnace. This was shortened and had old stove lids fastened into it at the top and bottom, while a large opening was cut the length of one side.

A quarter of the way up an iron grating was fitted into the pipe to hold the garbage to be burned. Underneath was started a wood fire, and it took but a short time after each meal to get rid of all refuse.

If one has not stovepipe to utilize an oven could be made on the order of a cake box with doors. This should be made of sheet iron and have one instead of two shelves or open grating. The door may be omitted, reducing the cost. If closed, small holes should be made in top for escaping smoke.

WOMAN'S PAGE—NEW ENGLAND PIE.

Some poor dweller in the blighted beyond of Chicago asks what a real New England pie is like. It probably will not help him to be told, but if he means apple, it is like an essay by Emerson lighthearted with the music of Shaw; if he means pumpkin, it is like some of Gounod's music heard in a landscape all sun and flowers. It is not early yet to describe the mince pies of 1909, but last year's and last year was not an extraordinary good year—were like an increase in salary and a present from home arriving on the day when one's conscience was behaving itself—Boston Globe.

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